

(1) If one lives benevolently and fairly they would enjoy their life more than if they did not as a result of the consequential currents of goodness surrounding themselves. Benevolence and fairness open up good doors to better things. Goodness brings respect. If you want to be admired, goodness is a prerequisite. Niceness brings honor. If you want to be admired, niceness is a prerequisite. Decency brings approval. If you want to be admired, decency is a prerequisite. Humaneness brings fondness. If you want to be admired, humaneness is a prerequisite. Fairness brings esteem. If you want to be admired, fairness is a prerequisite. Being highly regarded arrives by fair and nice behavior. It is reasonable to abide in fairness and niceness. Animosity may creep in by thoughtlessness, yet friendliness, love and admiration bloom out of niceness. It is reasonable to live with geniality according to what is fair, for by doing this one exerts forces of goodness with consequences. To cultivate self respect can strengthen your vitality and to be vital is a prerequisite for the emergence of the ability to care for others. To practice self- uplifting care is to practice care for all the world through oneself. It is helpful to make the best of things by being optimistic. It can help immensely to face challenges with a mindset focused on upgrading oneself by building linguistic tools for to be more empowered. Words can shape the mind, and the outlook of the mind defines your quality of experience. So, one should be careful to not exaggerate the stressful aspects of life and to emphasize the good factors. Through counting one's blessings one can feel blissful about oneself and their life circumstances. Experiences are like food, you can make dishes better or worse, depending on how you choose to talk and think about them. Experiences are like meals, you can make them worse or better with the seasonings of pessimism and optimism, depending on how you choose to verbally and intellectually relate. Pessimism is a spice that gives inner strife, yet optimism is a spice that can make things more nice.


(4) What does your inner emotional inventory look like? How do your psychological energy reserves measure out? How fully stocked is your mental supply room? With the various emotional energies within you as they are, what is an honest and fair standard of allowance of outward giving and what is an honest and fair standard of allowance of self-attention? A positive outcome begins with a positive outlook: Like with from Martin Luther King Junior to Barack, Great social movements have been profoundly successful, great progress can happen!

Often one of the best, wisest things one can do for oneself is to release toxic people from their life with gracefully channeled emotions and skillful means. Writing one's feelings in a letter is an effective strategy for this.

Look to and contemplate the blossoms that flourish in the meadows, focus on the beauty of the bird songs and give consideration. See the beauty of the dawn's rays, and the opportunity to make more beauty through art each day, for that this way may uplift your soul and make you happy. As every season ends, so too shall all suffering end. Harsh ways inevitably, with time, repel and inhibit themselves from continuation, but the luminance of reason and good intent are overpowering as harmonious music, blooming blossoms and a warm dawn's rays – they are soothing, welcoming, and given time, supremely irresistible.

What is a mental mode that is, for now the most effective and ideal?

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(2) In dairying, the raw milk after it has freshly been collected from the milking process has a natural tendency to separate into layers, with the lighter, more buoyant fatty cream being known for rising to the surface of the milk in a distinctly visible layer with the cream having a different hue than the milk below. It is often desired to have the milk and the cream completely separated so that they can be used independently from each other because milk and cream differ in their effects when used in baking and cooking. The process of gathering the cream from the milk is called skimming, and metaphorically it is helpful to, according to what is safe and reasonable, get the best out of life, or to 'skim the cream' off of the various aspects of life. This involves focusing intently on the beneficial parts of any given thing such as a job, a religion, a technology, a force of nature, a relationship, a social organization, a person, or anything. In Positive Psychology, Skimming The Cream is an immensely advantageous practice and it is easier and more powerful if one does it by enscribing a written list, or recording an audio list containing all the good and nice things about a given subject.

To focus on the cream can make your life seem; happy and lovely like a good dream, and obsessing over old dregs won't give one dancing legs. Existence is somewhat like a blank page, you may draw a pretty picture with your words and doings, or something dismal. It is advantageous to envision, define your goals, and make the best of it all, for that there is already so much pessimism as it is, there is certainly no room for deeper despair. Life is your canvas! Optimism is remedial. To focus on the muck shall make you feel yuck, but to focus on the green shall make you feel less mean. Focus not on the mud, obsess not over the woe, but on the fine blooming flowers that grow in the meadow, for that this way can uplift your soul.

(3) Thoughts are like plants inside your mind. The ideas are like seeds that grow to manifest moods and behaviors. Thoughts grow and change with repetitive thinking through time and if you are diligent to elaborately plan toward a healthy, quality inner landscape, you can ensure you are happy and basically free from depression. You can also train yourself to have advantageous behavior patterns by doing planned, repetitive thinking. What will be the quality of your inner harvest in the next season? What will cause you to have a high quality inner harvest? A wise, scientific farmer tends to his own field by carefully planning for a rich harvest. If you want abundance or to be free from depression, you ought to do planning toward these objectives. You should be extremely careful about all information you receive into your mind, including videos, music and news, as once the data from these things flows through your eyes and ears into your mind, there is no way to take it out again. And media can make your life painful and extremely miserable, if the information therein is stressful.

Once info flows in, you can't get it out again, so from it take care to guard your mind, lest you suffer for a very long time. Listing the goodnesses of one's situation can improve the mood significantly if it is done as a daily practice. You are just one, for yourself you should have compassion. The resolution of everything is not all up to you. Focusing on the solutions is of central Importance. To detox your thoughts helps to alleviate anxiety. It is helpful to not believe everything you think. It can help to distract yourself with Proactive-Activism. Self honesty is a virtue. Proactivity Provides Inner-Peace.

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